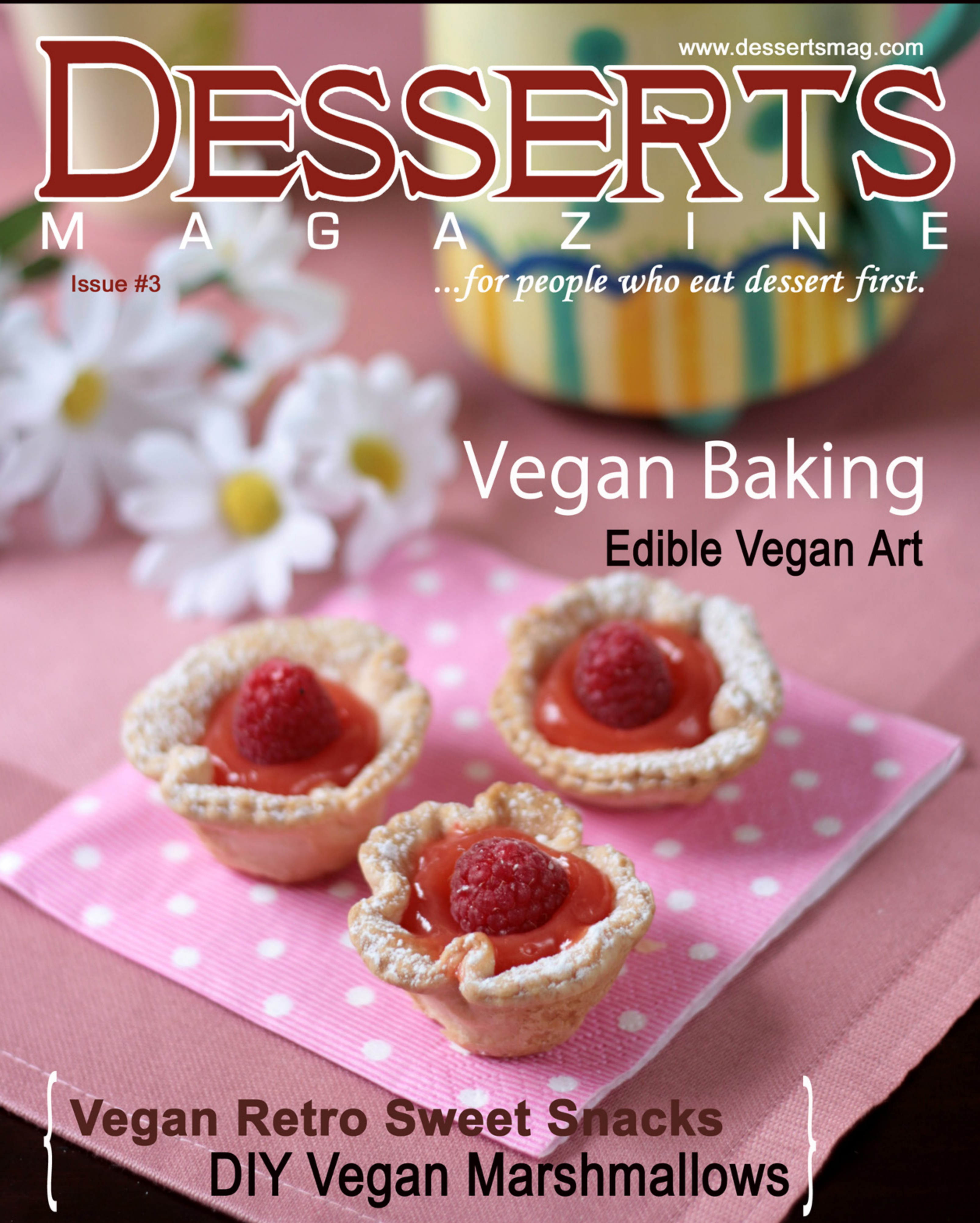
Dairy-Free Desserts White Chocolate Pumpkin Cheesecake

www.dessertsmag.com

DESSERTS MAGAZINE

Issue #3

...for people who eat dessert first.



Vegan Baking

Edible Vegan Art

Vegan Retro Sweet Snacks

DIY Vegan Marshmallows

Editor's Note

This issue is all about Vegan Baking. Many of the vegan desserts recipes we featured in this issue will satisfy both vegans and non-vegans sweetooth.

Vegan baking has changed tremendously over the years. There have been an increase in vegan cookbooks and bakeries in the past years. We are not vegans, but we had a great time preparing and eating many of the vegan recipes for this issue.

Whether you're vegan, vegetarian or just interested in reducing the use of animal derived ingredients, try the recipes we featured in this issue, get a vegan cookbook and experiment baking without eggs and dairy products. Vegan baked goods can frequently taste just as good or better than animal based ones if done properly.

So, if you ever run out of eggs, butter, milk,.. consider baking any of the vegan recipes featured in this issue. I hope you enjoy our third issue and be open to try different ways of baking.

Lastly, I would like to thanks all our readers for the amazing responses we had since our first issue, it has been very gratifying.

Until the next issue,

Vera Shepherd

Desserts Magazine

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If you would like to be featured in Desserts Magazine or have a great dessert recipe that you'd like to share, please email us at:

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Contents

Cover Photo by Helen Dujardin, tartelette.blogspot.com. **Pink Lemonade Tartlet**s, mini shells filled with a raspberry-lemon curd, this recipe can be found in the book, **My Sweet Vegan,** by Hannah Kaminsky.

How sweet it is...

Written by Helen Dujardin

My Sweet Vegan by Hannah Kaminsky is a perfect reflection of her personality, warm and friendly, inviting you to try new things and be opened to the world around. When I first flipped through the book, I had no idea this very mature soul both in her writing and approach to food, came in such a young package.

The book is written with the whole spectrum of dessert lovers in mind, vegan or not, and it reads like a novel. Hannah generously gives us her tried and true, favorite recipes as well as tips and tricks to achieve the best tasting treats.

Reading through it is like spending time with a good friend over a good brownie or a cup of coffee.

One is tempted page after page with desserts and pastries such as Strawberry Love Muffins, Butterscotch Blondies, Whoopie Pies, Mocha Devastation Cake, Ginger Dream Pie, Five Minute Coconut Fudge....and that is just scratching the surface.

The vegan ingredient guide and the tools of the trade section at the beginning of the book are helpful for new vegans but also new bakers. Not vegan? Why not give it a try then? You will be very satisfied with the desserts you will produce while at the same time doing something for our fellow animals (i.e giving them the day off).

If you are seasoned in either you can dive right in any of the chapters - sweet tarts, cookies and bars, cakes and cupcakes, pies and tarts, miscellaneous morsels and desserts - and make yourself a treat.

If you wish to know a little bit more about Hannah, visit her on her blog "Bittersweet" at www.bittersweetblog.wordpress.com

Chocolate Glazed Peanut Butter Scones

Recipe by Hannah Kaminsky, from **My Sweet Vegan**
Photo by Helen Dujardin
Makes 4 scones

Scones:
1 1/2 cups all purpose flour
2 Tablespoons granulated sugar
2 Tablespoons baking powder
1/4 teaspoon salt
2 Tablespoons margarine
1/4 cup crunchy peanut butter
1 teaspoon vanilla extract
1/2 cup plain soy milk

1. Preheat your oven to 400 degrees F and line a baking sheet with a silpat or parchment paper.

2. In a medium bowl, combine the flour, sugar, baking powder and salt. Cut the margarine into small pieces, and use a fork or a pastry cutter to press both the margarine and the crunchy peanut butter into the flour mixture. Continue cutting the fats in until the mixture resembles coarse crumbs. Stir in the vanilla. Slowly drizzle in the soy milk one tablespoon at a time, stirring just until the dough starts to come together into a ball. Try not to overwork the dough any more than necessary. (Helen's note: This step may be done in a food processor)

3. Drop all of the dough onto your silpat and shape it into a rough circle. This is a rather sticky dough, but work with it gently and it should cooperate. Cut the circle into 4 quarters, each looking somewhat like a triangular, and separate them on the baking sheet so that each has room to cook. (Helen's note: You can also pat the dough on a lightly floured surface and cut out 6 rounds with a 3 inch cookie cutter.)

4. Bake 15 to 20 minutes, until they turn a light golden brown. Cool your scones on the baking sheet for at least 5 minutes.

Chocolate Peanut Butter Glaze:
1/3 cup confectioner's sugar
1/2 Tablespoon Dutch process cocoa powder
1 Tablespoon creamy peanut butter
1 Tablespoon plain soy milk

Combine the confectioner's sugar, cocoa and peanut butter and soy milk into a small bowl. Mix thoroughly until smooth, and drizzle over the cooled scones.

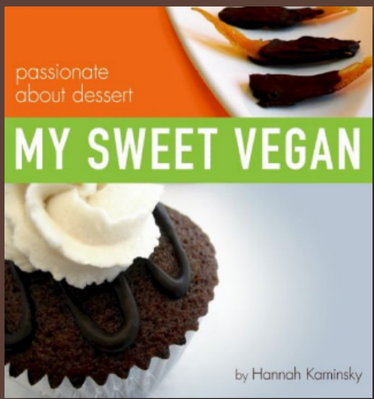




Photo by Helen Dujardin

Mäni's Bakery has been satisfying discriminating palates and sweet-tooths with cakes, cookies, pastries and breads, baked from high quality, natural, less-refined ingredients since 1989. They offer quality food using wholesome ingredients. They only use the freshest ingredients, free of artificial additives, sweeteners or preservatives and no hydrogenated fats in their freshly baked products. All of these ingredients let Mani's serve up an array of tempting vegan and non-vegan baked goods that are not overly processed which brings out the foods true flavor. The results are delicious, a healthier versions of traditional foods for the health conscious connoisseur.

At Mäni's you will find an extensive selection of fresh vegan baked goods; pies, tarts, muffins, cookies, amazing vegan cake selection made by Pastry Chef Kristina Montaine, such as Carrot Raisin Cake frosted and filled with a tangy vanilla cream cheese and dusted with toasted almond meal, the Almond Roca a sweet and nutty almond cake layered with chocolate ganache, dipped in barley malt sweetened chocolate and dusted in ground almonds, the super moist German Chocolate Cake with with decadent gooey caramel, pecan and coconut filling, will win over the taste buds of vegans and non-vegans.

Kristina started her pastry career at the renowned Papa Haydn restaurant in Portland, Oregon in 1998 after attending Western Culinary Institute's Pastry Art and Baking Program.

“Good food that's good for you!”



Upon moving to Los Angeles in 2002, Kristina continued sharpening her cake design and decorating skills at Rosebud Cakes in Beverly Hills and SweetCake in Hollywood. Her amazing creations have been the star attraction at celebrity weddings and birthday parties around southern California. Additionally her work has been showcased in featured films (Santa Clause 3, Bald the Movie), on local and national television (MTV, KTLA Morning Show), as well as in print media (LA TIMES, O Magazine, People Magazine, OK Magazine).

Since becoming the Pastry Chef at Mäni's on Fairfax, Kristina has transformed the dessert menu by creating items that are both visually

stunning and delicious. In keeping with Mäni's philosophy of making healthier baked goods with less refined ingredients; she has taken vegan, gluten free, and sugar free desserts to new heights.

Chef Kristina's stunning birthday and wedding cakes offer a beautiful alternative for those seeking a healthier option to the refined ingredients utilized at traditional cake studios and bakeries.

Located on Fairfax Ave. near Hollywood, Mäni's Bakery Café has a loyal followers including such celebrities as Danny Devito, who fell in love with a non-fried, fruit juice sweetened donut. Michelle Pfieffer, Jamie Lee Curtis, Rosanne and Tom Hanks are just some of the recognizable fans. For more information, please visit www.manisbakery.com.

Mäni's Chocolate Chip Pecan Truffle Sandwich Cookies

Recipe by Pastry Chef Kristina Montaine

Chocolate Chip Pecan Cookies:

2 ¾ cups Organic Whole Wheat Pastry Flour
2 teaspoons Baking Sod a
2 teaspoons Sea Salt
1 cup Organic Palm Oil Shortening *
1 cup Fruit Juice Reduction
1 Tablespoon Vanilla Extract
2 cups Dairy free, grain sweetened Chocolate Chips *
1 cup Chopped Pecans

1. Preheat oven to 325 degrees F. Stir together flour, baking soda, and salt in a small bowl; set aside. Put shortening and fruit juice reduction in the bowl of an electric mixer fitted with the paddle attachment; mix on medium speed until fluffy, about 2 minutes.

2. Mix in the vanilla extract. Reduce speed to low. Gradually add flour mixture; mix until combined. Stir in chocolate chips and pecans.

3. Drop rounded tablespoons of dough on baking sheets lined with parchment paper, spacing about 3 inches apart. Bake cookies until golden, about 15 minutes.

Vegan Ganache:

1 ¼ cups soy milk
1 pound Dairy free, grain sweetened Chocolate Chips

Put chocolate in medium sized bowl. Heat soy milk in a small saucepan over medium-high heat until just simmering. Pour over chocolate; let stand 5 minutes. Gently whisk until smooth. Cool to room temperature.

To assemble the cookies:

Spread the chocolate ganache on the underside of half of the cookies. Top each cookie with a second cookie about the same size. Press the two together until the filling almost extends to the edges.

*** Note:** Kristina uses Sunspire brand for the Chocolate Chips and Spectrum brand for the palm oil shortening both available at Whole Foods Stores.

You can make your own fruit sweetener for the Chocolate Chip Pecan Cookies see the recipe below, or you can substitute white or brown sugar for the fruit juice reduction. Just use twice the amount of sugar as fruit sweetener.

Fruit Juice Reduction

Makes 1 Cup

12 ounces frozen white grape juice or apple juice, unthawed

To make on the stove:
Place the unthawed juice concentrate in a wide, medium sized heavy-bottom saucepan and bring to a full boil over high heat. Boil rapidly until the liquid is reduced to 1 cup, about 10 minutes. Pour the liquid into a glass measuring cup to accurately measure.

To make in the microwave:

1. Place the unthawed juice concentrate in a 1-quart microwave-safe container. A 1-quart glass measuring cup works best, as you can use the increments on the side of the cup to check how much the liquid has reduced.

2. Microwave on High (100%) until the liquid has reduced to 1 cup, about 12 minutes. This recipe was tested in a 700-watt oven; if yours has a lower wattage, it will take longer.

3. Cool completely before using. To speed cooling, pour the reduction into a medium bowl placed in a large bowl full of iced water. Stir often until cooled and slightly thickened, about 10 minutes.

4. The fruit juice reduction will keep, covered and refrigerated, for up to 1 week. Bring refrigerated fruit juice reduction to room temperature before using.

Sweet and Natural Baking: Sugar-Free, Flavorful Recipes from Mäni's Bakery, Mäni Niall, Chronicle Books, (c) 1996; p. 23

Chocolate Walnut Muffins

This is an egg-free, dairy-free and whole grain muffins recipe from Sweet and Natural Baking: Sugar-Free, Flavorful Recipes from Mani's Bakery, Mani Niall, Chronicle Books, (c) 1996; page 46.
Makes 9 muffins

Nonstick vegetable oil cooking spray, for preparing the pan
1 1/4 cup whole wheat pastry flour
1/2 cup cocoa powder (not Dutch processed)
1/2 teaspoon baking soda
1/2 teaspoon baking powder
1/2 teaspoon fine sea salt
1/2 cup liquid fruit juice concentrate
3/4 cup soy milk
3 tablespoons canola oil
1/2 cup (2 ounces) chopped walnuts
2 teaspoons maple sugar

1. Position a rack in the center of the oven and preheat to 350 degrees F. Lightly spray a standard muffin pan wiht vegetable oil spray.

2. Sift the flour, cocoa, baking soda, baking powder, and salt into a medium bowl and make a well in the center.

3. In another medium bowl, whisk the fruit juice concentrate, soy milk and oil until frothy. Pour into the well and stir with a wooden spoon just until combined. Fold in 1/3 cup of the chopped walnuts. Do not overbeat.

4. In a small bowl, combine the remaining walnuts with the maple sugar. Divide the batter among 9 muffin cups, filling each cup almost completely full. Sprinkle the tops of the muffins with the walnut-sugar mixture. Bake the muffins until a toothpick inserted into the centers comes out clean and the tops spring back when pressed with a finger, 18 to 20 minutes. Cool for 2 minutes, run a knife around the inside of the cups to release the muffins, and remove from the cups. Serve the muffins warm or at room temperature.

Double-Layer Pumpkin Cheesecake



Recipe & Photos by Susan Voisin

Susan Voisin, of Fat-free Vegan Kitchen, has been a vegetarian since 1988. She became vegan six years later. She learned how to cook without the added fat and as a result she lost over 100 pounds. She has tested over 1400 low-fat vegan recipes sent in by hundreds of people. For more recipes visit her blog at http://blog.fatfreevegan.com.

8 ounces Follow Your Heart Cream Cheese
12 ounces light firm silken tofu (or extra-firm)
1/2 cup agave nectar (or sugar)
2 tablespoons cornstarch
1 1/2 tablespoons lemon juice
1/2 teaspoon vanilla
1/2 cup pumpkin puree (canned, not pumpkin pie mix)
2 teaspoons rum (optional)
3 tablespoons brown sugar or natural sugar
1/2 teaspoon cinnamon
1/4 teaspoon ginger
1/4 teaspoon grated fresh nutmeg (please!)
1 pre-made 8-inch graham cracker crust

1. Preheat the oven to 350 degrees F. Put the first set of ingredients (toffuti through vanilla) in a food processor and puree until completely smooth. It should be silky smooth--not chalky or lumpy.

2. Remove a cup of this mixture from the processor and spread it in the bottom of the crust.

3. Add the next set of ingredients (pumpkin through nutmeg) to the ingredients remaining in the food processor and process until well blended. Smooth it carefully over the white layer in the crust, heaping it slightly in the middle. Bake until the center is almost set, about 45-55 minutes. Remove from the oven and allow to cool. Refrigerate until completely chilled, at least 3 hours. Serve to delighted guests. (Don't tell them it's vegan, and they won't know!)

Serves 8. Per serving (not including the crust): 218 Calories (kcal); 7g Total Fat; (28% calories from fat); 4g Protein; 35g Carbohydrate; 0mg Cholesterol; 179mg Sodium.



Recipe & Photos by Susan Voisin



Chocolate-Orange Cake

by Susan Voisin

It could be the best fat-free cake you ever tasted! This is a dense moist cake with a hint of orange. The icing gives enough sweetness without being cloying.

1 1/2 cups unbleached flour
1 1/2 cups whole wheat flour (I used white whole wheat)
1 1/2 cups sugar
2 teaspoons baking soda
1 teaspoon salt
1/2 cup cocoa
1 teaspoon cinnamon
3/4 cup soy yogurt
1 teaspoon vanilla
2 tablespoons balsamic vinegar
1 1/2 cups water
1/2 cup fresh orange juice
2 tablespoons grated orange peel

Chocolate Icing:
1/2 cup powdered sugar
1 tablespoon cocoa
2 teaspoons orange juice
1/4 teaspoon vanilla extract (or 1/8 tsp. if double strength)
--plus extra orange juice as needed

Orange Icing:
1/2 cup powdered sugar
1 teaspoon orange juice
1/4 teaspoon vanilla extract (or 1/8 tsp. if double strength)
--plus extra orange juice as needed

1. Spray a Bundt cake pan with non-stick spray and dust it lightly with unsweetened cocoa. Preheat oven to 350`degrees F.

2. Combine the flours, sugar, baking soda, salt, cocoa, and cinnamon in a large mixing bowl. Add the yogurt, vanilla, balsamic vinegar, water, and orange juice. Beat by hand or with a mixer on low speed just until well-combined, about 1-2 minutes. Stir in the grated orange peel, and pour into the prepared pan.

3. Bake for about 30-40 minutes, until a toothpick inserted in the middle comes out clean. Cool in the pan for 10 minutes and then invert it onto a serving platter and cool completely.

4. When the cake is cool, make the icings. For each icing, mix the ingredients in separate small bowls. One half teaspoon at a time, stir in enough extra orange juice to make a drizzling consistency. Drizzle the chocolate icing over the cake, wait a few minutes for it to set, and then drizzle the orange icing.

Makes 16 servings. With icing, as shown: 198 Calories (kcal); 1g Total Fat; (3% calories from fat); 4g Protein; 47g Carbohydrate; 0mg Cholesterol; 294mg Sodium; 3g Fiber.

Cake without icing: 167 Calories (kcal); 1g Total Fat; (3% calories from fat); 4g Protein; 39g Carbohydrate; 0mg Cholesterol; 294mg Sodium; 2g Fiber.

White Chocolate

"the nectar of the gods..."



Recipe and Photo by Hannah Kaminsky

1/4 Cup Cocoa Butter
1 Teaspoon Vanilla Paste (or Extract… I just like the way the flecks of real vanilla bean look)
1/3 Cup Confectioner's Sugar
1/2 Teaspoon soy milk powder
Pinch Salt

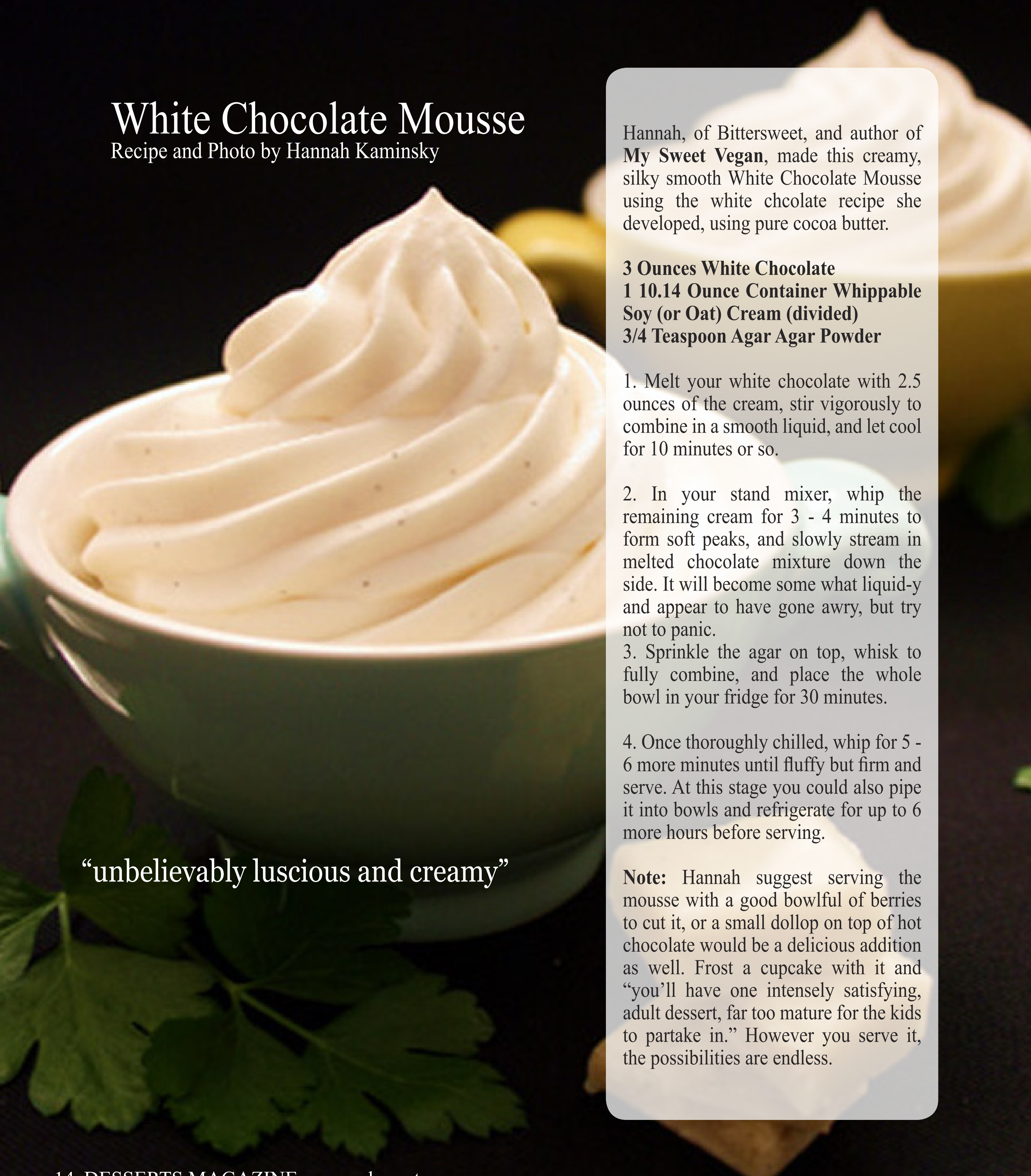
Place your cocoa butter in a microwave-safe bowl and nuke it for just a minute or two, so that it liquefies. Be sure to keep an eye on it at all times, as it has a much lower melting point than a bar of finished chocolate. Once completely melted, quickly stir in the remaining ingredients, being thorough so as to break up any clumps of sugar and completely dissolve everything into the molten fat. Don't worry if it looks rather yellow at this stage, just pour everything into your molds and it will be alright. Tap the molds on the counter lightly so as to remove any air bubbles, and don't even think about touching them again for the next few hours while they set up. I highly recommend parking them in the fridge to speed up the process… Just don't forget about them in there!

Note: You may use silicone ice cube tray instead of the chocolate candy mold. Hannah does not recommend munching on its own because it's tooth-achingly sweet, but it is great when it is added into other recipes.



Tip: Add some white chocolate chunks to your favorite cookie recipe.

Photo by Hannah Kaminsky



White Chocolate Mousse

Recipe and Photo by Hannah Kaminsky

Hannah, of Bittersweet, and author of **My Sweet Vegan**, made this creamy, silky smooth White Chocolate Mousse using the white chcolate recipe she developed, using pure cocoa butter.

3 Ounces White Chocolate
1 10.14 Ounce Container Whippable Soy (or Oat) Cream (divided)
3/4 Teaspoon Agar Agar Powder

1. Melt your white chocolate with 2.5 ounces of the cream, stir vigorously to combine in a smooth liquid, and let cool for 10 minutes or so.

2. In your stand mixer, whip the remaining cream for 3 - 4 minutes to form soft peaks, and slowly stream in melted chocolate mixture down the side. It will become some what liquid-y and appear to have gone awry, but try not to panic.

3. Sprinkle the agar on top, whisk to fully combine, and place the whole bowl in your fridge for 30 minutes.

4. Once thoroughly chilled, whip for 5 - 6 more minutes until fluffy but firm and serve. At this stage you could also pipe it into bowls and refrigerate for up to 6 more hours before serving.

Note: Hannah suggest serving the mousse with a good bowlful of berries to cut it, or a small dollop on top of hot chocolate would be a delicious addition as well. Frost a cupcake with it and "you'll have one intensely satisfying, adult dessert, far too mature for the kids to partake in." However you serve it, the possibilities are endless.

"unbelievably luscious and creamy"

Taste this...



Organic Nectars Agave Italian Ice One of the most refreshing frozen desserts just took a giant leap forward, with all organic ingredients, no refined sugar or chemical sweeteners and completely free of dairy, eggs, soy, wheat, glutens and GMOS. Sweetened only with Organic Nectars Agave Syrup. Organic Nectars Agave Italian Ice is a more healthful, artisanal fat-free twist on the classic Italian Ice. Available in four flavors, Cherry, Mojito, Ginger, and Lemon.

Organic Nectars Raw Agave Gelato is a raw, organic, non-dairy low-glycemic agave gelato. You'll love this amazingly delicious creamy texture. It is made from raw, organic soaked and rinsed cashews (reduced phytates), free of refined sugar, dairy, eggs, soy, wheat, glutens and GMOs. The only sweetener we use is Organic Nectars' own 100% raw, organic agave syrup. It's low glycemic and suitable for people watching their sugar intake. All ingredients are raw, organic and kosher. Available in the following flavors: Chocoagave, Chocolate Hazelnut Swirl, Vanillagave, Vanilla Fudge Swirl, Pistachio, Java Chip, Mint Chip, Cherry Chocolate Chunk, Peach Cobbler, Goji/Strawberry, Triple G (green tea, ginger, goji), maple walnut.





Organic Nectars Chocagave is one of the most luscious enjoyable Chocolate sauces you will ever taste ! This raw chocolate syrup is made from antioxidant rich organic raw cacao and the low-glycemic, agave syrup. Enjoy in smoothies, sweets and savories.

Taste this...



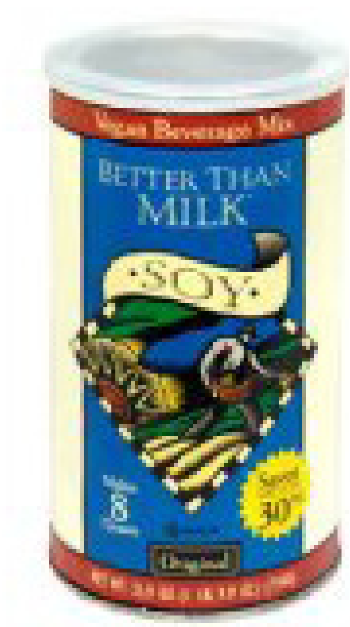
This whippable, gluten-free soy topping by **Soyatoo! Soy Whip** is made with organic soymilk. Makes fabulous whipped cream to top pies and fruit, as well as a delicious and light mousse!



SoyaToo! Soy Whip Finally! A vegan whipped cream in a can! Go right ahead and top cakes, fruit, ice cream, or just stand in front of the fridge and squirt this directly into your mouth (that`s what we did) - it`s vegan!



Follow Your Heart Vegenaise is a premium-quality sandwich spread and dressing which delivers all the taste of real mayonnaise, but without the usual eggs, dairy products, refined sugars, fillers, or preservatives. Low in sodium and contains no gluten, hydrogenated oil, trans-fatty acids, sweeteners, gums, or animal-derived ingredients. Absolutely the best vegan mayo for over 30 years! Kosher. 16 fl. oz.



Beter Thank Milk Soy This wonderful vegan soymilk mix is well-known for its mild, delicious flavor. 25.9 oz canister makes 8 QUARTS of soymilk! Just mix with water. Great for smoothies, cooking, and baking (the dry mix makes a great powdered milk substitute). Gluten- and GMO-free. 1 serving contains 10% DV of B12! Kosher.

Follow Your Heart Cream Cheese alternative has the smooth, buttery taste of the dairy version with the same velvety texture. Made with organic ingredients, this cream cheese gives richness to cheesecakes, frostings and desserts, and naturally, nothing is better on a bagel! No hydrogenated oils, gluten, GMOs, preservatives, or artificial ingredients. Kosher. 8 fl. oz.





Lundberg Organic Brown Rice Syrup is a healthful and allergen-free alternative to other sweeteners. Substitute rice syrup in place of sugar, honey, corn syrup, maple syrup, or molasses. (To substitute sugar, use 1 1/4 cup rice syrup for one cup of sugar, using 1/4 cup less of another liquid needed in the recipe.) Try it in energy bars, muffins, cookies, fruit salads, smoothies - it`s great in just about everything! 1 lb. 5 oz. jar. Kosher. Wheat free. Gluten Free.

Taste this...



Thick and creamy, this non-dairy delight tastes just like the old-fashioned favorite. **Follow Your Heart Sour Cream** is a perfect topping for Mexican food, a rich base for dips, and the finishing touch on top of a steaming baked potato! No hydrogenated oils, gluten, GMOs, preservatives, or artificial ingredients. Kosher. 16 fl. oz.



Barley malt is a thick, dark, slow-digesting sweetener made from sprouted barley. It has a malt-like flavor. Some say barley malt is to beer as grapes are to wine. It is ideally suited to brewing for many reasons: Malted barley has a high complement of enzymes for converting its starch supply into simple sugars; it also contains protein, which is needed for yeast nutrition. Another important element is its flavor. Pure malt extract, which is relatively expensive, is sometimes adulterated with corn syrup, which is cheap. Barley malt extract (available in powder and liquid forms) is also used medicinally as a bulking agent to promote bowel regularity.

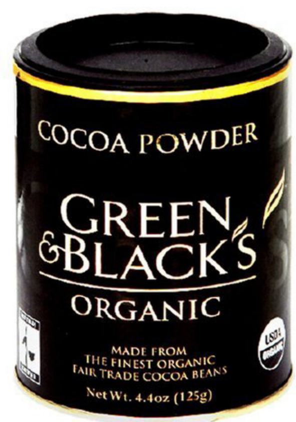
Suzanne's Specialties Organic Barley Malt Extract
This barley malt extract is the essence of sweetness and it is sought after by many whole food chefs like Christina Pirello, Emmy Award-winning host of the national public television series, "Christina Cooks," who recommends this on her show, along with Gold Mine! And no wonder — as it is made with only the highest quality organic ingredients. No preservatives, refined sugars, artificial colors or flavors. Excellent for baking or on your morning porridge or fruit dessert! Certified Kosher by Kof-K Supervision.



The first all-natural vegan marshmallow creme, **Suzanne's Ricemellow Creme** is smooth, creamy, sweet, fluffy and completely gluten-free. Use for s'mores, krispy treats, topping hot chocolate, on ice cream, or make a delightfully tasty Fluffernutter sandwich, with almond butter, banana slices, and ricemellow creme between two slices of bread. The healthy-yet-decadent spin on the childhood favorite is sure to please even adult palettes. If you enjoy sweet marshmallow flavor, you're going to love this one! 10 oz. container. Original or Strawberry flavor.



Green and Black Organic Cocoa Powder, made from the finest Organic Fair Trade cocoa beans. Their organic cocoa are grown in the shade of rainforest trees. The beans are harvested at the perfect point of ripeness, then carefully fermented and dried to maximize the smooth, complex flavors of this delicious cocoa. The wonderful chocolate aromas in their cocoa make it ideal for baking cakes and desserts, and of course as a traditional hot drink.





Wholesome Sweeteners Organic Blue Agave is made from the Blue Agave plant. It is a low glycemic sweetener. The sweet mild taste is perfect for sweetening beverages, baking and as a multipurpose sweetener. It is 1-1/4 times sweeter than sugar, so you need less. Use wherever you would use table sugar. Suitable for vegan, vegetarian, Halal and plant-based diets. Fair Trade Certified.



Photos by Dreena Burton, 5-Star Ice "Cream" Sandwiches, from Eat, Drink, and Be Vegan

"Eat, Drink, and Be Healthy..."

In Dreena Burton's first two best-selling vegan cookbooks, **The Everyday Vegan** and **Vive le Vegan!**, she offered a dazzling array of healthy, animal-free recipes, many of which were based on her experience as a mother of two young girls, she and her husband are raising as vegans. Dreena also maintains an active website (www.everydayvegan.com) and blog (www.vivelevegan.blogspot.com) where she has cultivated an enthusiastic audience for her family-oriented, nutritious recipes.

In her third cookbook, **Eat, Drink, and Be Vegan,** Dreena turns her attention to celebratory food-imaginative, colorful, and delectable vegan fare perfect for all kinds of events, from romantic meals for two to dinner parties to full-on galas. Many of the recipes are kid-friendly, and all are appropriate for everyday meals as well.

The book includes 125 recipes and sixteen full-color photographs, as well as meal plans, cooking notes, and advice on vegan wines and beers. Recipes include Lentil & Veggie Chimichangas, Thai Chick-Un Pizza, White Bean Soup with Basil & Croutons, Tomato Dill Lentil Soup, Olive & Sundried Tomato Hummus, "Creamy" Cashew Dip with Fruit, Crepes with Maple Butter Cream, 5-Star Ice "Cream" Sandwiches, and Hemp-anola (Dreena's take on granola).

Dreena was born and raised in St. John's, Newfoundland in a family of six sisters. Brought up on a standard North American diet, becoming a vegan cook was not an obvious career path.

After graduating from university with a degree in Business Administration, she worked as a Sales Manager for an international satellite telecommunications company. In 1999 she started focusing on vegan cooking and has since published three cookbooks. She has appeared on national television and radio in Canada, and has spoken and demonstrated at food festivals in Canada and the United States. She lives with her husband and two children, in the Pacific Northwest, just north of the Canada in White Rock, British Columbia.

The foods and techniques she uses are set out in an easy-to-read and do format in her two cookbooks. Dreena's bestselling debut cookbook, **The Everyday Vegan: Recipes and Lessons for Living the Vegan Life**, in its second printing, is a collection of her best ideas and recipes she developed after switching from a standard North American diet to a vegan diet. Dreena's second release, **Vive Le Vegan! Simple Delectable Recipes for the Everyday Vegan Family**, features recipes that require less time and attention without sacrificing flavor or nutrition. The fact that most recipes were created with a toddler is testimony to how easy it is to make these recipes!

Dreena's recipes were created for real people . As a self-taught cook, she knows that many approaches are either not practical or over the heads of most people. Dreena's most satisfying moments are when she gets feedback from people saying that they are able to use one or more of hers ideas or recipes in their own daily food planning. For more recipes visit http://vivelevegan.blogspot.com/

Homestyle Chocolate Chip Cookies

Recipe by Dreena Burton, from **Vive le Vegan!**

Any vegans missing that classic home-made chocolate chip cookie indulgence? Well, now you can indulge without the need for the dairy, eggs, white sugar, or even refined flour if you choose. One other bonus - these are super-easy to make!

1 cup unbleached all-purpose flour (see note below for wheat-free version)
1 tsp baking powder
1⁄2 tsp baking soda
1⁄4 cup unrefined sugar
1⁄4 tsp sea salt
1⁄3 cup pure maple syrup
1⁄4 tsp blackstrap molasses
1 - 1 1⁄2 tsp pure vanilla extract
1⁄4 cup organic canola oil (a little generous 1/4 cup)
1⁄3 cup non-dairy chocolate chips

Preheat oven to 350°F (176°C). In a bowl, sift in the flour, baking powder, and baking soda. Add the sugar and salt, and stir until well combined. In a separate bowl, combine the maple syrup with the molasses and vanilla, then stir in the oil until well combined. Add the wet mixture to the dry, along with the chocolate chips, and stir through until just well combined (do not overmix). Place large spoonfuls of the batter on a baking sheet lined with parchment paper and flatten a little. Bake for 11 minutes, until just golden (if you bake for much longer, they will dry out). Let cool on the sheet for no more than 1 minute (again, to prevent drying), then transfer to a cooling rack. Makes 8-10 large cookies.

Note: Unbleached all-purpose flour produces a cookie with a very classic taste and texture, but you can use whole-wheat pastry flour and still have delicious cookies! For a wheat-free version, use barley or spelt flour. With spelt flour, you may need to add an extra 2-4 TB of flour, if it is a refined spelt flour. Also, if using all-purpose flour, if the batter is heavy and dense when mixing in the wet ingredients, add another 1-2 tsp each of maple syrup and canol oil and work through.

Idea: Make a really special dessert treat... ice cream

cookie sandwiches! Using two cookies that have been completely cooled in the refrigerator, spread some softened soy ice cream on the underside of one cookie, then place the other cookie on top. Wrap in plastic wrap and freeze until firm!

Chocolate Mint Melties

Recipe by Dreena Burton, from Eat, Drink & Be Vegan!

These cookies are minty cool and magical! They have been compared to the Girl Guide Mint Cookies... so if you are longing for those non-vegan treats, be sure to try these mint melties! Makes 11–14 cookies. Wheat-free

1 bar (3-oz/85-g) mint dark chocolate (see note)
1 1/8 cups spelt flour (see note)
3 tbsp cocoa powder
1 tsp baking powder
½ tsp baking soda
¼ cup unrefined sugar
¼ tsp sea salt
¼ cup pure maple syrup
2 tbsp agave nectar
1 tsp pure vanilla extract
½ tsp mint extract
¼ cup organic canola oil (a touch generous)

1. Preheat oven to 350°F (180°C). Break off 9 squares from chocolate bar (about 2/ 3 of bar, reserve remaining squares to top cookies) and place in mini-food processor, processing until finely chopped (or chop by hand). Transfer to a bowl and combine



Photos by Dreena Burton

with dry ingredients, sifting in flour, cocoa powder, baking powder, and baking soda, and stir until well combined. In a separate bowl, combine syrup, agave nectar, vanilla and mint extracts, and oil and stir until well mixed. Add wet mixture to dry, and stir until just well combined (do not overmix).

2. Line a baking sheet with parchment paper. Spoon batter onto baking sheet, spacing evenly. Break up or roughly chop reserved chocolate and place on top of each cookie, pressing in a little.

3. Bake for 11 minutes (no longer, or they will dry out). Remove from oven, and let cool for 1 minute (no longer) on the sheet, then transfer to a cooling rack.

Notes:
1) Use a dark chocolate bar that is mint flavored, rather than a mint cream-filled dark chocolate bar. For this recipe, try the Endangered Species brand Dark Chocolate with Deep Forest Mint, or Cocoa Camino's Mint Chocolate Bar (exceptionally good)!
2) If you want to use unbleached all purpose flour instead of spelt, use just 1 cup. If batter seems too dry or thick whichever flour you are using, stir in another 1–2 tsp each of oil and maple syrup.
3) For the holidays, make these cookies by sprinkling 1–2 tbsp crushed or chopped candy canes on cookies before baking, and lightly press in.



Photos by Dreena Burton

Chocolate Pumpkin Pie

This pie is rich and decadent, so a little slice will do. Serve portions with Celestial Cream (p.29), Macadamia Maple Butter Cream (p.201), or vanilla non-dairy ice cream.

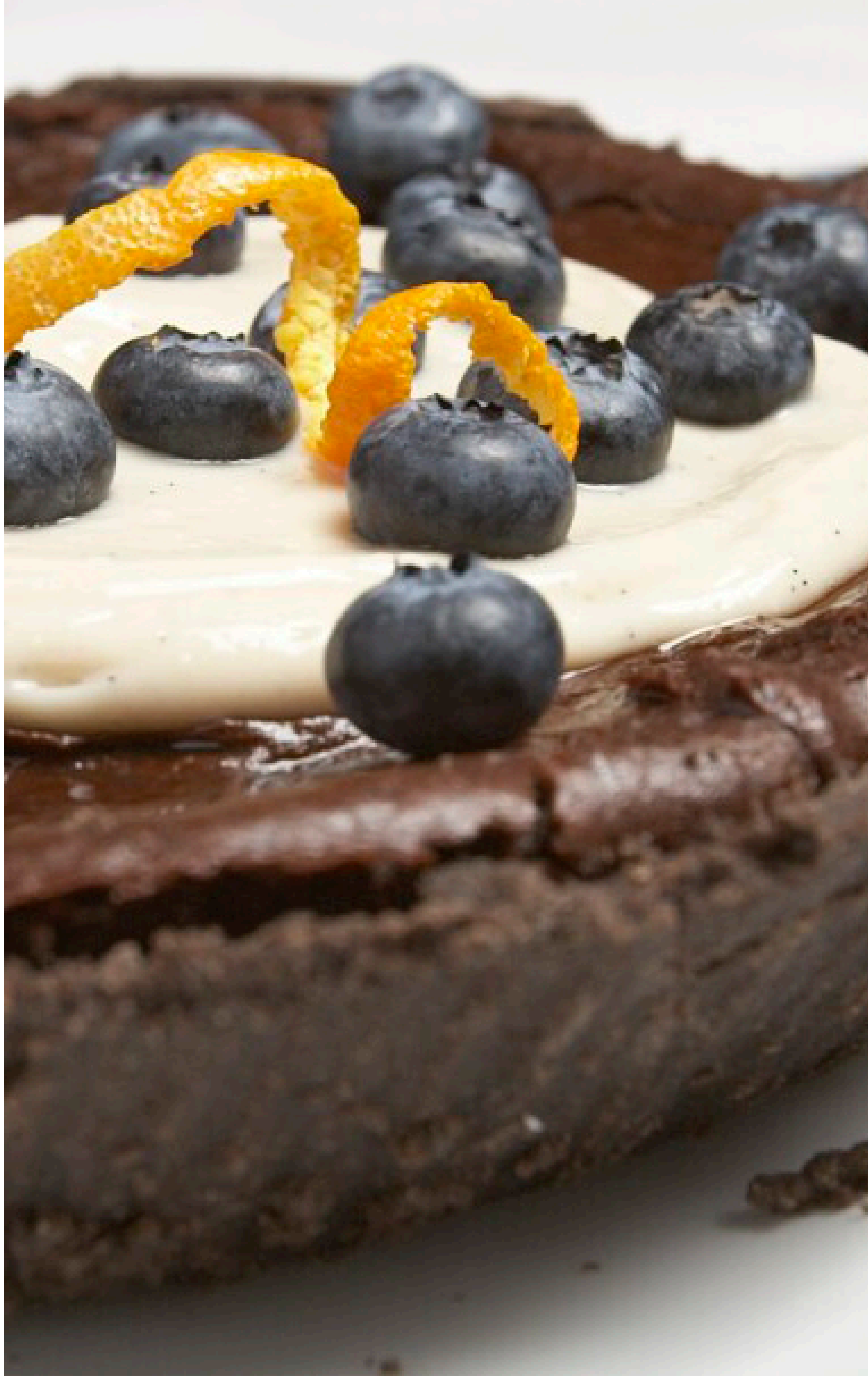
Makes 6–8 servings

FILLING:
1 1/4 cups non-dairy chocolate chips
1 can (14-oz/415-ml) organic pumpkin pie mix (I use Farmer's Market Organic brand)
2 Tbsps unrefined sugar
2 tsps arrowroot powder
1/8 tsp (rounded) sea salt
1 prepared chocolate cookie-crust pie crust (see note)
2 Tbsps non-dairy chocolate chips, optional (for garnish)

1. Preheat oven to 425°F (220°C). Fit a metal or glass bowl over a saucepan on medium-low heat and filled with several inches of water (or use a double-boiler). Add 1 1/4 cups chocolate chips to bowl and stir occasionally as water simmers (not boils), letting chocolate melt.

2. While chocolate is melting, in a food processor, add pumpkin pie mix (scraping out everything from can),

Recipe by Dreena Burton, from Eat, Drink, & Be Vegan





Photos by Dreena Burton

sugar, arrowroot powder, and salt. Purée until very smooth, scraping down sides of bowl as needed.

3. Once chocolate is melted, add to food processor and purée with pumpkin mixture, scraping down sides of bowl as needed. Pour mixture into pie crust (scraping out all filling) and tip pie back and forth gently to evenly distribute filling. Sprinkle on 2 tbsp chocolate chips.

4. Bake for 15 minutes, then reduce heat to 350ºF (180ºC) and bake for another 35 minutes, until pie is set (the center may be soft, but it will set further as it cools). Carefully remove from oven and place on cooling rack. Let cool completely before slicing, refrigerating if desired.

Note: You can also use a graham cracker crust if you prefer, or a traditional pastry pie crust. **WHEAT-FREE OPTION:** Use a spelt pastry crust.

Celestial Cream

You know that glorious taste of pancakes with a pat of butter melting under a pool of maple syrup? This recipe replicates that luscious butter and syrup pairing with a cream topping that is heavenly on “Breakfast Crepes” (p. 28), pancakes, or to dollop on scones. But don’t stop there - it works equally well as a sauce for pies, cakes, fresh fruit, and other desserts. An added bonus: it’s ridiculously simple to make!

Makes 4–6 servings(2¼–21/3 cups) Wheat-Free

1/2 - 3/4 cup pure maple syrup (see note)
1/2 cup Earth Balance Buttery Spread (or other nonhydrogenated vegan margarine)
1 1/2 teaspoon pure vanilla extract
1 package (12oz/349g) silken firm tofu
1/4 teaspoon sea salt

In a saucepan on low heat, combine syrup and margarine, and stir until margarine melts. Add vanilla, silken tofu, and salt, and with a hand blender or in a blender, purée until very smooth. Taste, and stir in additional maple syrup if desired.

Note: When using this recipe as a dessert topping, I prefer to use the full ¾ cup maple syrup. However, for crêpes, I use ½–2/ 3 cup maple syrup so the sauce is not as sweet. You can also reduce the margarine if desired, to 1/ 3 cup (or less, but taste and texture will not be as rich).

Triple Layer Chocolate Cream Cake

Recipe and photo by Dreena Burton, from The Everyday Vegan

Here's a recipe for the ultimate chocolate cake. Vegan is not even an issue here, this cake gets rave reviews from vegans and non-vegans alike whenever I serve it... and I've had people ask to buy my cookbook on the spot just for this recipe alone! Just be sure to use SILKEN extra-firm tofu for the frosting and use a food processor to puree it, please!

Cake Batter:
2 cups unbleached all-purpose flour
1/2 cup cocoa powder
2 tsp baking soda
1 1/2 cups unrefined sugar
1/4 tsp sea salt
1 3/4 cups water
2 tbsp rice vinegar or apple cider vinegar
1 tsp pure vanilla extract
1 tsp mocha extract (or more vanilla)
1/4 cup canola oil

Frosting:
2 pckgs (349-g) SILKEN extra-firm tofu, patted dry
1/4 cup pure maple syrup
2 tsp pure vanilla extract
1 3/4 cups (generous) non-dairy chocolate chips

For the cake:
Preheat oven to 350 degrees F. In a large bowl, sift together flour, cocoa powder, and baking soda, then add in sugar and salt and mix well. In another bowl, combine water, vinegar, extracts, and oil. Add wet mixture to the dry, and stir until well combined. Pour into 3 lightly oiled round cake pans, distributing batter as evenly as possible. Bake for 17-20 minutes, until a toothpick inserted in the center of each comes out clean. Remove from oven and let cool on a cooling rack.

For the frosting:
In a food processor (don't use a mixer, it won't smooth out the tofu), combine tofu with maple syrup and vanilla, and puree until very, very smooth, scraping down sides of bowl as needed. Meanwhile, melt chocolate in a bowl fitted over a pot with simmering (not boiling) water. Pour melted chocolate into food processor with tofu mixture, and puree again until well incorporated (again, scraping down sides of bowl). Transfer to a container and refrigerate until cool (will thicken as it cools). Once cool, spread frosting on cake layers, then refrigerate cake for at least a couple of hours to set (preferably overnight).



SWEET DELIVERIES

Being a vegan does not mean that your sweet tooth has to suffer. Quality vegan baked goods are not hard to find anymore...These vegan treats are moist, rich, sweet, light, flavorful, and you can have them delivered right to your doorsteps, that's just sweet! Treat yourself or someone you love to the best vegan sweets around.

Allison's Gourmet, CA

Is the premiere award-winning online vegan bakery, shipping their exclusive baked goods, beautifully packaged box to homes and business all over the country.

After countless experiments and developing special baking techniques, Allison offers absolutely delicious cookies, Choose from a wide variety of irresistible flavors: Lemon Poppyseed Cookies, Cinnamon Snickerdoodle Cookies, Mint Chocolate Chip Cookies, Butterscotch Pecan Cookies, Peanut Butter Chocolate Chip Cookies, Coconut Key Lime Cookies, Peanut Butter Cookies, Chocolate Hazelnut Cookies Classic Chocolate Chip Cookies Chocolate Chip Pecan Cookies. Can't decide? Consider the sampler.

Allison's amazing array of dairy-free gourmet baked goods will satisfy the sweet tooth of vegan and non-vegan alike. Allison's baked goods make spectacular gifts. www.allisonsgourmet.com



Photos by Horacio Salinas

Babycakes NYC, NY

Owned and operated by Erin McKenna, this former California girl now calls NYC home with her Lower East Side vegan bakery. Her cupcakes are sugar- and egg-free and it's all she can do to keep them in stock. Not local? No worries, she also ships overnight. Her secret to her sweets? Using agave nectar as a sweetener, and cold-pressed extra-virgin coconut oil in her recipes. "It makes everything taste so buttery, and it's supergood for the heart and the metabolism." www.babycakesnyc.com

Sticky Fingers Bakery, DC

Doron Greenblatt Petersan and Kirsten Rosenberg a longtime animal activists are known for their mouth-watering vegan creations in Washington, D.C.

If you're not local, you're still in luck... You'll be able to enjoy Sticky Fingers classics... sinfully delicious Sticky Cinnamon Buns, Cowvin Cookies — an oatmeal cookie sandwiches with creamy filling, Little Devils — a chocolaty cake with creamy filling, coated in an amazing chocolate shell, Chocolate Chimp Loaf — fresh-baked banana bread loaded with chocolate morsels, are particular favorites that will let you satisfy your sweet-tooth by mail! www.stickyfingersbakery.com

“The Diva of Dairy-Free Desserts”

Who wouldn’t love to merge health and dessert? Fran extensive culinary experience combined with her desire to have her cake and eat it too, has resulted in too many ‘healthy’ dessert recipes to fit in just one cookbook. The cookbook, More Great Good Dairy-Free Desserts Naturally, is a follow up to her first work, Great Good Desserts Naturally! As someone who absolutely loves to bake I was delighted by the extensive variety of Crisps, Cobblers, Tarts, Pies, Cakes, Frostings, Cookies, Brownies, Muffins, Quick Breads...

Fran devotes several pages to explaining sweeteners and how to use them. Her recipes include only the most natural sweeteners such as maple syrup, evaporated cane juice, fruit, and molasses, for a more wholesome product. Fats, leaveners, thickeners, gels, and starches are all explained in detail, and the healthiest options are noted and used in all of her recipes.

Fran’s intentation is to create delicious desserts that are decadent, but also provide real nutritional value. She has certainly succeeded.



Amazing Hot Fudge Sundae Cake

Adapted from **More Great Good Dairy-Free Desserts Naturally**, by Fran Costigan, 2006, Copyright © Book Publishing Company

Bake this easy, fast, amazing cake during your meal and enjoy a dessert that makes its own sauce.

1/2 cup whole wheat pastry flour
1/2 cup unbleached white flour
1 3/4 cups light natural cane sugar
1/2 cups unsweetened Dutch-process cocoa
2 teaspoons baking powder
1/2 teaspoon baking soda
1/2 teaspoon ground cinnamon
1/4 teaspoon salt
1/4 cup canola oil
1/2 cup soy milk or rice milk
2 teaspoons vanilla extract
1 3/4 cups boiling water

1. Position a rack in the middle of the oven and preheat to 350 degrees F. Oil a 2quarts baking dish that is 3 inches deep or more. Place the baking dish on a baking sheet to make it easier to move in and out of the oven.

2. Place a wire mesh strainer over a medium bowl. Add the pastry flour, white flour, 1 1/4 cups of the sugar, 1/4 cup of the cocoa, the baking powder, baking soda, cinnamon, and salt to the strainer. Tap the strainer against the palm of your hand to sift the ingredients intothe bowl. Stir with a wire whisk to distribute the ingredients.

3. Whisk the oil, soy milk, and vanilla in a separate medium bowl until well blended. Pour into the dry mixture and stir with a whisk, until the batter is smooth.



Note: You won’t be able to test whether this cake is done using a cake tester. The top of the cake will look set but still loose when the cake is ready.

4. Spread the batter into the prepared pan and smooth the top with a spatula. Sift the remaining 1/.2 cup sugar and 1/4 cup cocoa into a small bowl and sprinkle evenly over the batter. Pour the boiling water over the batter.

5. Bake for about 25 minutes, until the cake is set and the sauce is bubbling up through the top. Cool the cake in the pan for 10 to 15 minutes before serving. Spoon a portion of sauce and cake into each dish.



Chocoholic Delight

Vanilla Delight

I scream, You scream, for Vice Cream!

According to the National Institute of Health, between 30 to 50 million Americans are lactose intolerant, and the Vegetarian Resource Group estimates that about 3 million Americans are vegans. While living without dairy might be difficult, it is nothing compared to giving up ice cream! Everyone's favorite dessert.

Jeff Rogers knows this from experiece. In Vice Cream, Rogers offers more than 70 delectable ice cream recipes using organic cashew milk that will satisfy any craving for a bowl of ice cream. Flavors include Chocolate, Vanilla Delight, Gingersnap, Kiwi Mandarin, Pina Colada, Pecan Pie, Vegg Nog, Chai, Lemon, and many more. Jeff Rogers gives preparation and ingredients tips and toppings. He also devoted a whole section to raw vice creams for raw foodies. No one will ever miss out the dairy in his amazing frozen dessert recipes.

Chocoholic Delight

Makes about 1 quart

1 cup organic vegan chocolate chips, chopped
1 1/2 cups organic cashews or cashew pieces
1 1/2 cups purified water
1 cup maple syrup
1 tablespoon alcohol free vanilla flavor
1/2 teaspoon alcohol free almond flavor
1/2 cup unsweetend cocoa powder

1. Place the chocolate chips in the freezer to chill. Combine the cashwes, water, syrup, vanilla, and almond in a blender.

2. Blend on high until silky smooth, at least 1 minute. With the motor running, add the cocoa powder and blend until evenly distributed.

3. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or overnight, until well chilled.

4. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions. Remove the cover and blade from the ice cream maker and fold in the chocolate cips, distributing evenly. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.

Brownie Chocolate Chip. Replace the chocolate chips with 1 cup crumbled vegan chocolate chip brownie.

Carob Delight. Replace the chocolate chips with 1 cup carob chips, chopped, and the cocoa powder with 1/2 cup unsweetened carob powder

Vanilla Delight

Makes about 1 quart

2 vanilla beans
2 cups organic cashews or cashews pieces
2 cups purified water
1 cup maple syrup

1. Cut the vanilla beans into small pieces. Grind to a fine powder in a clean coffee grinder.
Combine the ground vanilla, cashews, water, and syrup in a blender. Blend on high until silky smooth at least 1 minute.

2. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or overnight, until well chilled.

3. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.

Raspberry Vice Cream

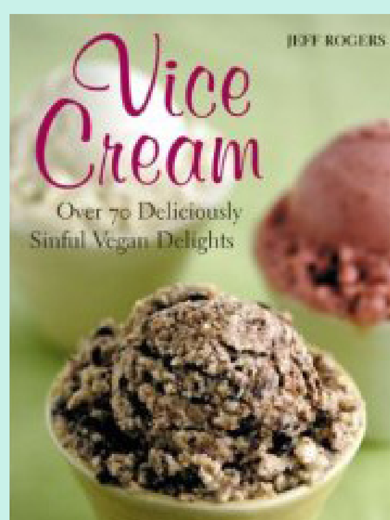
Makes about 1 quart

1 1/2 cups organic cashews or cashew pieces
1 1/2 cups purified water or fresh raspberry juice
1 cup maple syrup
2 teaspoons alcohol free vanilla flavor
1/4 teaspoon alcohol free almond flavor
1 cup organic raspeberries

1. Combine the cashews, water, syrup, vanilla flavor, and almond flavor in a blender. Blend on high until silky smooth, at least 1 minute. With the motor running, gradually add the raspberries and blend until smooth.

2. Place the blender in the freezer for 40 minutes to 1 hour or in the refrigerator for at least 1 hour or overnight, until well chilled. Pour the mixture into an ice cream maker and freeze according to the manufacturer's instructions.

3. Serve immediately or transfer to airtight containers and store in the freezer until ready to serve.



Agave Nectar... "The Vegan Honey"

Ania Catalano gives readers 80 ways to use the versatile sweetener in this impressive collection and as a bonus, there are a handful of vegan, non-vegan, and gluten-free recipes. Catalano does her best to keep the recipes as simple as possible. Agave-sweetened versions of favorites like sticky buns, chocolate chip cookies, chocolate cake, lemon bars and creamy cheesecakes should be a boon for those previously unable to enjoy their sweets. Catalano makes agave nectar accessible and appealing to health-conscious bakers of all levels.

Up Close and Personal with Ania Catalano...

Do you have any unusual or special family traditions?

Like a lot of families, Christmas Eve is a time for a special celebration among our family and friends. We have an all-seafood menu, which includes lots of traditional Polish recipes I grew up with: herring with sour cream and onions, perogi filled with farmers cheese and potatoes, and a meatless version of bigos that's made with sauerkraut, wild mushrooms and vegetables. My husband is Italian, so we have a mix of two culinary cultures and even more seafood dishes! The feast continues on Christmas Day. The highlight, as far as I'm concerned, is babka – a rich, yeasty sweatbread filled with raisins, cheese or poppyseeds and topped with a honey rum glaze. My mom made the best babka in the world!

How did you learn to cook?

My Polish mother was an amazing cook and I spent many years in the kitchen with her. In fact, when I owned Sprouts, we spent many more years together in my kitchens! Of course, she never had to measure anything and all her recipes were committed to memory, so my attempts to replicate her dishes never come out quite the same. She loved to experiment and try new things – maybe that's where I get my sense of adventure.

What's been sitting in the back of your fridge for more than a year?

Let me think about what I want to own up to . . . there are a few things! Probably Melinda's Triple XXX Hot Sauce and barley miso have been there the longest.

How do you cheer yourself up when you're feeling down?

For me, nothing beats a spinning class at the gym! An hour of intense, kick-butt workout leaves me sweaty, happy and pumping with positive endorphins. If that doesn't cure my blues, a glass of good red wine and a plate of cheese usually does the trick!





Agave nectar is a pure and natural sweetener made from the natural juice (aguamiel, means honey water in spanish), of the Salmiana Agave or Blue Agave. Agave nectar is very versatile, suitable for any sweetening use. It is gluten and allergen free, and has a low Glycemic Index.

Coconut Custard Pie

Adapted from Baking with Agave Nectar by Ania Catalano, 2008, Copyright © Celestial Arts

This delectably creamy vegan pie was a wildly popular dessert at Ania's market bakery. The crumbly oat crust goes great with the creamy filling, and it is quick and easy to prepare.

Oat Pastry Piecrust

1 1/2 cups regular rolled oats ground to a fine meal in a food processor (do not use quick cooking oats)
1/2 cup sprouted spelt flour or whole wheat pastry flour
Pinch of salt
1/4 cup canola oil
1/4 cup light agave nectar
1/4 cup water

1. Lightly oil a 9-inch deep dish pie pan with canola oil spray. Mix the oats, flour, and salt in a bowl. In a separate bowl, mix the canola oil, agave nectar, and water. Add the oil mixture to the flour mixture and stir to combine. Form a dough and let rest for 10 minutes.

2. Press the dough into the prepared pan. Flute the edges of the crust by pinching the dough together with 2 fingers.

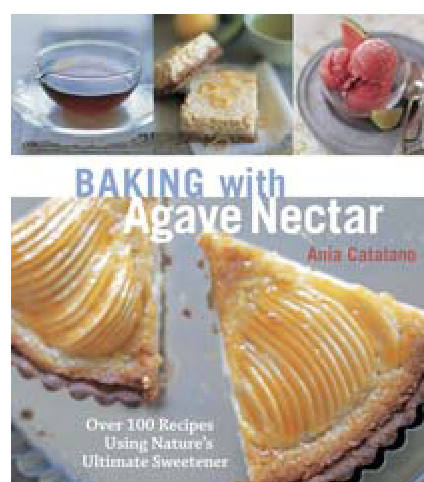
Filling

15 ounces regular firrn tofu, drained
12 ounces firm silken tofu
1/4 cup canola oil
1 cup light agave nectar
2 tablespoons fresh lemon juice
1 1/2 tablespoons vanilla extract
1/2 teaspoon lemon extract
1/2 teaspoon salt
1 cup unsweetened shredded coconut, soaked in 1 cup hot water for 15 minutes and drained

1. Preheat the oven to 350 degrees F.

2. In a food processor, blend tofu, silken tofu, canola oil, agave nectar, lemon juice, vanilla extract, lemon extract, and salt, scraping down the bowl often, until very smooth. This will take some time. When the mixture is completely smooth, add the coconut and blend just until combine.

3. Spoon into the unbaked piecrust and bake for 30 to 35 minutes, until the tofu is set. Remove from the oven and let cool to room temperature before refrigerating. The pie gets firmer as it cools in the refrigerator.



Edible Vegan Art...

At Hannah's Edible Art in Marin County, Hannah makes not only beautiful but flavorful vegan wedding cakes. www.hannahs-edibleart.com

Up Close and Personal with Hannah Tai...

How did you get started?

When I was growing up, I had a fascination with everything visually beautiful, as well as a passion for creating delicious food, so the marriage of both became my eventual career.

Where did you get your training?

Once I decided to follow my passion, I left the university where I was a Chinese language major to attend a local community college with a respected Culinary Arts program. I found that once I was there I wanted to change everything I learned and do it my own way.

Were you always a vegan? When did you decide to transition to only vegan baking?

I have been vegetarian since I was a teenager, but only more recently vegan. I think it hit me about three years ago, that eating animal products at all was no longer an option that worked with my ethics, once I started researching and learning the truth about what was really going on in the farming industries.

What is your most popular cake?

My most popular cake seems to be my most exotic – Green tea with Mango-ginger "buttercream", almond cake with chai filling, and organic chocolate cake with a barley tea "buttercream" seem to be perennial best-sellers.



What do you think is the most important aspect in making a good vegan cake?

I think that the reason my cakes have enjoyed a great reputation is the quality of the ingredients that go into them, as well as the fact that I'm a procrastinator, and my cakes are always VERY fresh! I have a lot vested in the way my cakes taste because I'm vegan myself, and if I'm going to be indulging, it has to be for something worth the calories!

Can people tell the difference between your vegan cake and regular cake?

When I was transitioning to an all vegan cake business, I would bring vegan samples to my non-veg clients and mix them in with the traditional cakes. It amazed and thrilled me that a good deal of the time, my clients would absolutely love the vegan samples and pick them as the flavor for their cake.

What are some of the challenges of vegan baking?

One of the challenges of vegan baking is working with the actual cakes. When you bake with eggs, they keep the cake moist and tender longer. The substitutes produce a very similar result, but for some reason have a greater tendency towards cracking. Again, I make sure they are very fresh so that I don't run into that problem. Another small issue is that the vegan "buttercream" has a slightly lower melting point, so the cake softens a bit quicker than its non-vegan cousin. I believe these both are minute issues, well worth the payback of knowing I am not contributing to animal suffering.

Are your cakes gluten-free too?

I have made gluten-free cakes in the past, but unless it is requested, most of my cakes are not gluten-free. Because of my own dietary needs and my desire to work with others, whether based on ethics or allergies, I do try my best to accommodate all requests.

In your opinion, do organic versus non-organic baked goods vary in taste?

Although, I would love to say ALL my ingredients are organic, I can only claim the majority of them are. I work hard to use as much organic as possible, but some of the colors or finishes are difficult to find in an organic form. I'm a firm believer in treating our earth and our bodies with as much respect as possible (with the occasional treat!), and in every way organic makes more sense. And yes, I do find that across the board, organic is superior in taste and that translates into a better finished product in the end.

Do you have a cookbook or are any cookbook in the near future?

I have toyed with the idea of a cookbook over the years, but have never stopped long enough to get anything down in a serious way. I have been asked this before, and maybe if enough people nag me I'll get going on it in the near future!

Who inspire you?

I am inspired by so many things – by nature around me, by colors, by a particular flavor that calls out to be put into a cake. I have always had my own style, but one cakemaker I am in awe, is Margaret Braun in NYC and her amazingly perfect imperfection. I am also inspired daily by the animals of the world who so need to be freed of the pain and suffering they have endured throughout history. In my own way I am trying to guide people towards a delicious alternative that is cruelty free and better for our own health as well.

Do you have a signature cake?

My signature look seems to be the lotus flowers that I create for my cakes. I have made them in an amazing variety of colors, and they're always so lovely to create. I suppose also that the finishes on the cakes are quite distinct, and of course, the green tea flavor always stands out. Most of all my stamp seems to be the individuality of each cake I've created. It's such a satisfying feeling to mold and give life to the visions of my clients in a beautiful, edible form.

What kitchen tool(s) you cannot live without?

I cannot live without my 25 year old Kitchen Aid mixer, my baking pans, and most of all my (non-animal) brushes and colors to paint the colors on my cakes.

Any exciting things coming up for Hannah's Edibles?

In July a crew from a vegetarian television station will be up from Los Angeles to film me creating a vegan wedding cake, and to interview me for a special segment. I am excited to spread the word that vegan is best!

Vegan Cardamom Cake

Recipe by Hannah Tai

Preheat oven to 350 degrees F. Grease and flour two 8 or 9 inch round cake pans (2-4 inches deep), or grease and flour sides and line the bottoms with parchment paper.

Preparation:

Sift together:

2 2/3 cup unbleached organic flour
2 1/4 teaspoons baking powder
1/8 teaspoon salt
3/4 teaspoon ground cardamom
1/4 teaspoon ground ginger
1/8 teaspoon allspice

Combine in a bowl:
1 cup soy, nut or rice milk
1 teaspoon vanilla
1/2 teaspoon rosewater

In a seperate bowl, whisk together:
2 Tablespoons Ener G egg replacer
4 ounces warm water

Combine in a standing mixer or with beaters:
2 sticks softened (but not melted) Earth Balance margarine
1 1/2 cups organic sugar

1. Beat slowly to combine, then mix on high speed for 2-3 minutes.

2. Add the egg replacement/water mixture and mix until just blended. Scrape down sides of bowl. Alternate the flour mixture with the soy, rice, or nut milk in 3 batches until incorporated, but not overmixed. Scrape out into prepared pans with spatula, and smooth tops to make them even.

3. Bake for 25-35 minutes (oven temperatures vary), and test for doneness by making sure a toothpick put in the center of the cake comes out clean.

4. Let cool 10 minutes, then slide a knife gently around sides to loosen and invert. Peel off parchment or wax paper if used, and eat warm from the oven, or let cool and enjoy with your favorite vegan frosting or topping!



Vegan Retro Sweet Snacks...Try making these timeless treats.

Mocha Whoopie Pie

Adapted from **My Sweet Vegan,** by Hannah Kaminsky, 2007, Copyright © Fleming Ink

Whoopie Pie is originally made with two chocolate cake-like cookies sandwiched between a fluffy filling. We flavored the filling with espresso sandwiched between two chocolate cookies making a Mocha Whoopie Pie.

Enjoy with a big glass of cold soymilk. This Mocha Chocolate Whoopie Pie will sure make you cry, "Whoopie!"

Makes 8 to 10 sandwich cookies

Cookies:
1 cup plain soy milk
1 teaspoon apple cider vinegar
2 cups all-purpose flour
1/2 cup Dutch process dark cocoa powder, sifted
1 teaspoon baking powder
1 teaspoon baking soda
1/2 teaspoon salt
1/2 cup non-hydrogenated margarine
1/4 cup granulated sugar
1/2 cup dark brown sugar, packed
2 tablespoons sour cream
1 teaspoon pure vanilla extract

1. Preheat oven to 350°F. Line tow baking sheets with parchment paper or a silicone mat. In a small bowl, mix together the soy milk and vinegar and set aside, allowing the mixture to curdle. In a medium bowl, mix together the flours, cocoa, baking powder, baking soda, and salt. Set aside

2. Cream together the margarine and both sugars in the electric mixer, until creamy and fully combined. Add the sour cream and mix until smooth.

3. Mix the vanilla extract to the soymilk mixture. Beginning with the wet ingredients, alternately add them with the dry ingredients into your mixer. Scrape down

the sides as necessary, and beat the mixture just enough to fully combine.

4. Place the cookie batter in a piping bag and pipe the cookies or scoop the batter using an ice cream scoop onto the prepared baking sheet. Leave about 2 inches space between each cookie. Bake for 10 to 14 minutes, until they crackle slightly on top. Remove the cookies from the oven and let them cool completely on the baking sheets before filling.

Filling:
2 cups confectioner's (powdered) sugar, sifted
1/3 cup non-hydrogenated vegetable shortening
3 tbsps plain soy milk
1 teaspoon pure vanilla extract
2 teaspoons instant espresso powder

1. Mix the soy milk, vanilla, and espresso powder, set aside. Beat the confectioner's sugar and shortening in a electric mixer on low. Add the soymilk mixture. Once the sugar has become incorporated, turn the mixer up to high and whip for 2 to 3 minutes until it is light and fluffy.

2. Drop or pipe the crème mixture onto the flat side of one cookie, and place a second cookie on top. Press down gently to push the filling right out to the edge. Repeat this process with the remaining cookies and crème filling.

Vegan Twinkies

The Vanilla Cupcake recipe for the Twinkie™ is adapted from More Great Good Dairy-Free Desserts Naturally, by Fran Costigan. If you can't find a Twinkie™ kit, use the more readily available canoe cake kits. First make the cream and let it chill for a few hours. Then, make the cakes, cool and chill. Lastly, fill the cakes. Halve the recipe if you have just 1 pan.
Makes 16 Twinkies.

Cake:
1 cup whole wheat pastry flour
1 cup unbleached white flour
6 tablespoons light organic cane sugar
1 teaspoon aluminum-free baking powder
1 teaspoon baking soda
½ teaspoon fine sea salt
1/3 cup expeller pressed canola oil
¾ cup plus 2 tablespoons



maple syrup, Grade A, dark amber
¾ cup vanilla soy milk or rice milk
2 tablespoons pure vanilla extract
2 1/2 teaspoons apple cider vinegar

1. Position a rack in the middle of the oven and preheat to 350 degrees F. Spray the pan with canola or other nonstick spray.

2. Place a wire mesh strainer over a medium bowl. Add the pastry flour, white flour, sugar, baking powder, baking soda, and salt to the strainer. Tap the strainer against the palm of your hand to sift the ingredients into the bowl. Stir with a wire whisk to distribute the ingredients.

3. Whisk the oil, maple syrup, soymilk, vanilla, and vinegar in a separate bowl until well blended. Pour into the dry mixture and stir with a whisk until the batter is smooth.

4. Fill each cup about 1/3 full (about 3 tablespoons of batter each). Bake for 16 to 17 minutes, until the cakes are golden and a cake tester inserted into the middle comes out clean.

5. Cool the pan on a wire rack for 5 minutes. Run a thin knife between the cakes and the inside of the cup and lift each onto the rack to cool completely. Chill before filling.

Cream Filling:

Yield: 1 ½ cups

7 ounces firm tofu, drained (simmer in water for 5 minutes)
4 teaspoons expeller pressed canola oil
2 tablespoons maple syrup, Grade A amber
3 tablespoons raw light agave syrup
6 tablespoons light organic cane sugar
3/4 teaspoon very finely grated lemon zest
1/2 teaspoon fine sea salt
4 teaspoons pure vanilla extract
1/2 teaspoon pure coconut extract
1/4 teaspoon pure almond extract
1 1/2 ounces of vegan white chocolate melted
2 tablespoons arrowroot dissolved in 6 tablespoons soy creamer

You will need a food processor. Remember this tip: Tofu based creams must be pureed until absolutely smooth and creamy. If properly made, there will be absolutely no taste of tofu.

1. Crumble the tofu into a food processor and process for 1 minute. Add the oil and process 1 minute. Add the rest of the ingredients except the arrowroot, and process 3 to 4 minutes, until the mixture is very smooth and creamy. Stop the processor a few times and clean the sides of the bowl with a rubber spatula. Taste and add more sugar for a sweeter whip.

2. Stir the dissolved arrowroot to release any starch that has settled to the bottom. Pour into a small saucepan and cook, whisking frequently over medium heat until the mixture reaches a full boil. It will be very thick and gummy. Immediately remove the saucepan from the stove. Add to the cream and pulse to incorporate. Process until the cream is smooth.

3. Spoon the cream into a container. Cover and refrigerate for 2 hours or longer to allow the flavors to blend. The cream will thicken slightly as it chills but it is not a stiff cream.

Vegan Doughnuts

Emilie of Conscious Kitchen is "an academic refugee with a background in sociology and archives" with a preference for pastry and a passion for cooking, visit www.consciouskitchen.net to find out what she has been baking.

Vegan Doughnuts:
½ cup water
¼ cup Earth Balance buttery stick (margarine)
½ cup cane sugar
½ cup soy milk
1 teaspoon apple cider vinegar
½ cup water, warmed to 100-115 degrees F
2 ½ t dry yeast, or 1 package yeast
½ tsp salt
1 cup whole wheat pastry flour
3 cups all-purpose unbleached

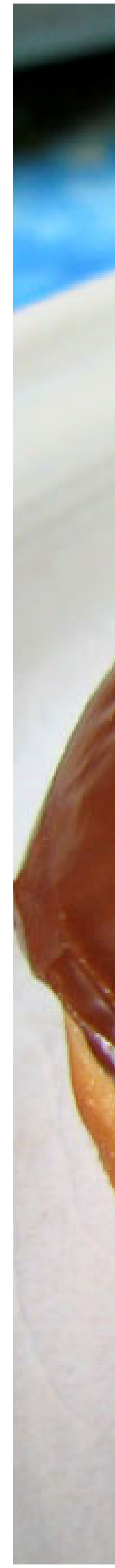




Photo by Emilie Hardman

white flour
1 tsp ground cinnamon
½ teaspoon ground nutmeg
safflower or canola oil for frying

1. In a pan on the stove, combine water, margarine and sugar, stir over low heat until sugar is fully dissolved and margarine melted. Remove from heat to cool at room temperature.

2. Stir over low heat until all of the sugar has dissolved, set aside to cool. Add apple cider vinegar to soymilk and whisk with a fork until thickened Add yeast to warm water, stir and let sit about 5 minutes until bubbly.

3. Combine the three liquid mixtures and salt, whisk to combine well. Sift in the pastry flour, one cup of all purpose flour and the spices, stirring well to create a wet dough. Continue adding flour until dough begins to form a soft but cohesive ball

4. Turn the dough out onto a floured surface and knead gently until it is smooth and elastic, adding more flour as necessary to prevent sticking.

5. Place the dough ball in a large oiled mixing bowl and cover with a clean cloth, set aside in a warm, dark place allow to rise until doubled in bulk (about an hour)

6. After dough has risen, punch it down and roll it out on a clean floured surface to a thickness of

½ inch. Using a doughnut cutter or a set of two cookie cutters, one about 3 inches in diameter and one ½ inch, cut out a large circle and then punch out a smaller circle in the middle.

7. Reserve the punched out centers for doughnut holes. Arrange the doughnuts on a tray or baking sheet, cover with a cloth and allow to rise again for about an hour

8. Heat the oil to 350 degrees F. Add doughnuts to the hot oil two at a time. Depending on size, turn after 30-90 seconds when the doughnut is golden brown and allow the other side to brown for about half the time the first side took. Drain on paper towels

9. While still warm, coat with powdered sugar or cinnamon sugar or wait to glaze or frost when doughnuts are cool

Chocolate icing:
¼ cup soy milk
1 3.5 oz Green and Blacks Maya Gold (or any non-dairy dark chocolate bar), chopped
1 cup powdered sugar

Warm the soy milk gently, until it steams. Pour warm soy milk over chopped chocolate, let sit for 30-60 seconds and then mix well. Add powdered sugar and mix until well combined and smooth

Sugar Glaze:
2 cups powdered sugar
¼ cup soy milk
½ teaspoon vanilla

Whisk powdered sugar, soy milk and vanilla together until smooth. If not using immediately, cover tightly with plastic wrap.



Photo by Emilie Hardman

Fauxstess Cupcakes

This is Isa Chandra Moskowitz rendition of vegan Hostess CupCakes. You will need Black Cocoa Powder to get the exact flavor and color, you will find it at www.kingarthurflour.com. Visit www.ppk.com for more vegan recipes. Makes 12 cupcakes.

1 cup unbleached all purpose flour
1/4 cup unsweetened cocoa powder
3 Tablespoons black cocoa powder
1 teaspoons baking powder
1/2 teaspoon baking soda
1/4 teaspoon salt
1 cup plain rice milk or soy milk
1/4 cup canola oil
1/2 cup pure maple syrup
1/4 cup sugar
1 teaspoon apple cider vinegar
1 teaspoon vanilla

1. Preheat oven to 350 degrees F. Line 12 muffin tins with cupcake liners, spray the liners with canola cooking spray.In a medium sized mixing bowl, sift together the flour, cocoa powders, baking powder, baking soda and salt.

2. In a large mixing bowl combine all the wet ingredients plus the sugar and beat on medium with an electric mixer for 2 minutes. Add the dry ingredients to the wet in 2 batches, mixing as you go. Beat for about a minute more.

3. Use a wet ice cream scoop to fill the cupcake liner ¾ of the way full. Bake for about 28 minutes, or until a tooth pick inserted in the center comes out clean. Transfer to a cooling rack.

Fluffy White Icing
1/4 cup non-hydrogenated margarine
1/2 cup non-hydrogenated shortening
3/4 cup superfine or caster sugar
1/4 cup plain whole soy milk powder
1/4 teaspoon salt
2 teaspoons pure vanilla extract

In a medium mixing bowl, beat together margarine and shortening with an electric beater on medium speed until well combined. Add the sugar and soy milk powder and beat for a good 10 minutes until very fluffy. Add vanilla extract and a pinch of salt, beat for another minute. You may want to do a little taste test and add a little more sugar if needed.

Chocolate Ganache Icing
1/3 cup soy milk
4 oz bittersweet chocolate, chopped
2 tablespoons pure maple syrup

In a small sauce pan, bring the milk to a boil then lower the heat to a simmer and add the chocolate and syrup. Mix with a rubber spatula for about 30 seconds. Turn heat off, continue stirring until the chocolate is fully melted and the icing is smooth.

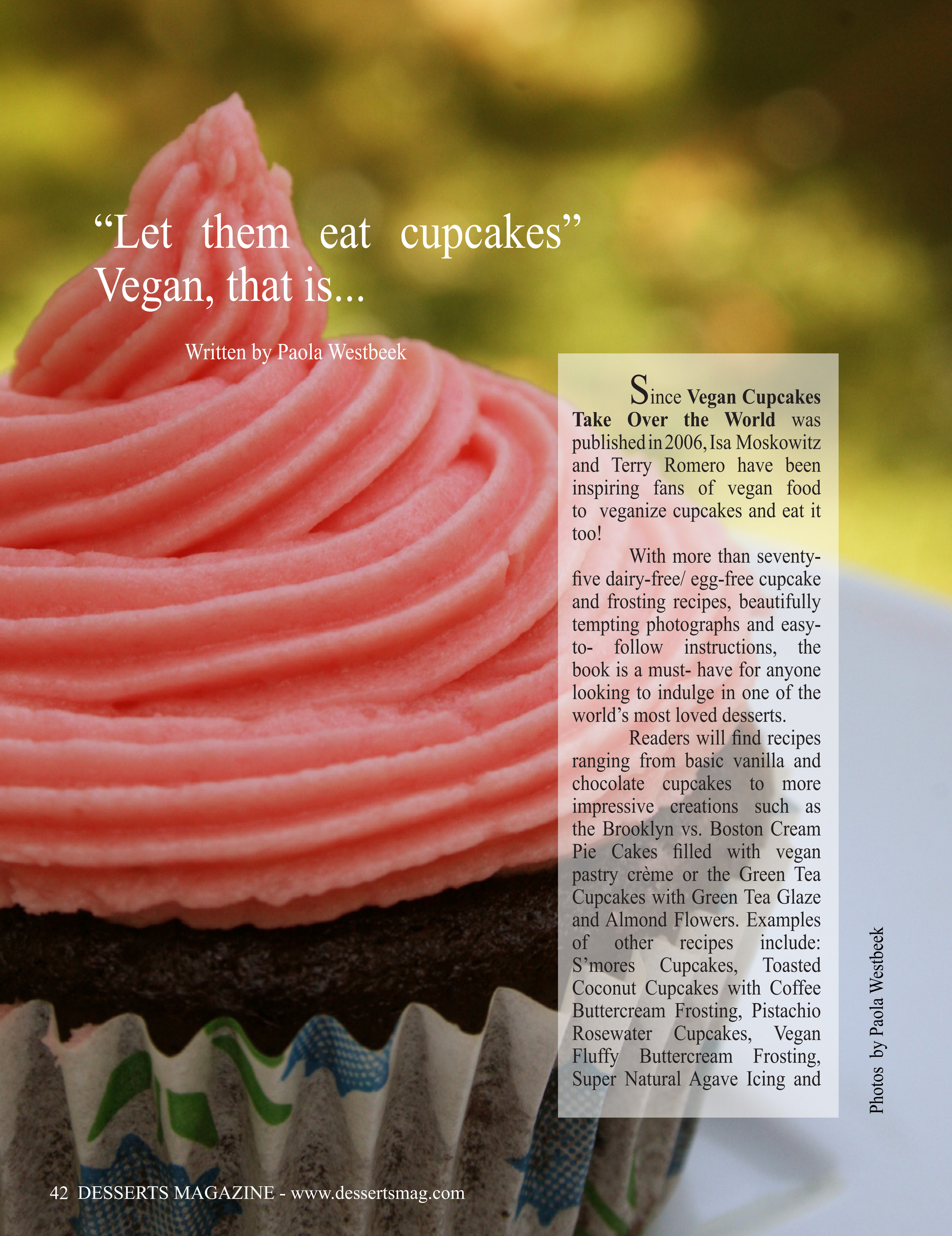
Royal Icing for the squiggle:
2 cups powdered (icing, confectioners) sugar
2 tablespoons soy milk powder
2 tablespoons water

Sift the sugar into a mixing bowl. Add the soymilk powder. Add one tablespoon of the water and stir, then add the other tablespoon of water, a little at a time until you reach a consistency slightly more solid than toothpaste. The icing should not be drippy at all, if it is at a little more sugar.

Assemble the cupcakes:
1. You will need two cake decorators bags. One fitted with a small hole tip (the kind you use for writing) and one fitted with a large round shaped tip.

2. Fill the large tip one with marshmallow icing, fill the writing one with royal icing. Poke a hole in the center of each cupcake. Pipe marshmallow icing in the hole and get as much into the cupcake as you can, slowly lifting the bag, until the icing fills to the top.

3. Wipe the excess icing off the top of the cupcake. Dip the top of each cupcake into the chocolate ganache icing. Place the cupcakes on a baking sheet and place in the refrigerator to set the ganache, about 10 minutes. Remove the cupcakes from the refrigerator and make the squiggles on top of each cupcakes. Return to the refridgerator to set, and until it is ready to serve.



"Let them eat cupcakes" Vegan, that is...

Written by Paola Westbeek

Since **Vegan Cupcakes Take Over the World** was published in 2006, Isa Moskowitz and Terry Romero have been inspiring fans of vegan food to veganize cupcakes and eat it too!

With more than seventy-five dairy-free/ egg-free cupcake and frosting recipes, beautifully tempting photographs and easy-to- follow instructions, the book is a must- have for anyone looking to indulge in one of the world's most loved desserts.

Readers will find recipes ranging from basic vanilla and chocolate cupcakes to more impressive creations such as the Brooklyn vs. Boston Cream Pie Cakes filled with vegan pastry crème or the Green Tea Cupcakes with Green Tea Glaze and Almond Flowers. Examples of other recipes include: S'mores Cupcakes, Toasted Coconut Cupcakes with Coffee Buttercream Frosting, Pistachio Rosewater Cupcakes, Vegan Fluffy Buttercream Frosting, Super Natural Agave Icing and

Photos by Paola Westbeek

Vegan Cream Cheese Frosting.

The first part of the book focuses on ingredients and tools necessary for making vegan cupcakes and frostings. Things like flours, syrups, non- dairy milks, baking pans and decorating sets are discussed. After that, readers will find a handy trouble-shooting section addressing problems such as sunken cupcakes or curdled buttercream. And for the visually inclined, the chapter titled Decorating Your Cupcakes covers everything from how to pipe luscious swirls of frosting to how to work with marzipan. Written in a chatty, down-to-earth style, Vegan Cupcakes Take Over the World is guaranteed to inspire anyone with a sweet tooth to run into the kitchen and start baking!

Basic Chocolate Cupcakes

Makes 12 Cupcakes

1 cup soy milk
1 tsp apple cider vinegar
3/4 cup granulated sugar

1/3 cup canola oil
1 tsp vanilla extract
1/2 tsp almond extract, chocolate extract or more vanilla extract
1 cup all-purpose flour
1/3 cup cocoa powder, Dutch-processed or regular
1/4 tsp baking soda
1/2 tsp baking powder
1/4 tsp salt

1. Preheat oven to 350 degrees F and line muffin pan with paper or foil liners.
2. Whisk together the soy milk and vinegar in a large bowl, and set aside for a few minutes to curdle. Add the sugar, oil and vanilla extract, and other extract, if using, to the soy milk mixture and beat till foamy. In a separate bowl, sift together the flour, cocoa powder, baking soda, baking powder and salt. Add in two batches to the wet ingredients and beat till no large lumps remain (a few lumps are okay).
3. Pour into liners filling three quarters of the way. Bake 18-20 minutes, until a toothpick inserted into the center comes out clean. Transfer to a cooling rack and let cool completely.

Vegan Fluffy Buttercream Frosting

Makes about 4 cups

1/2 cup non- hydrogenated shortening
1/2 cup non- hydrogenated margarine
3 1/2 cups confectioners' sugar, sifted
1 1/4 teaspoon vanilla extract
1/4 cup plain soy milk or soy creamer
(Note: I added a few drops of red food coloring.)

Beat the shortening and margarine together until well combined and fluffy. Add the sugar and beat for about 3 more minutes. Add the vanilla and soy milk, beat for another 5 to 7 minutes until fluffy.



Angel Food — DIY Vegan Marshmallows

Fresh marshmallows are the best but only non-vegans were able to enjoy fresh marshmallow. Not any more! A little company in New Zealand called Angel Food offers make-your-own-vegan-marshmallows kit. It contains all the ingredients needed to make about 50 good size “drool-worthy marshies”.You just need to add sugar, water, syrup, pure vanilla extract and starch or coconut, and you’re on your way to enjoy fresh marshmallows. The kits are available by mail order and online purchase, and Yes! They’ll ship worldwide. www.angelfood.co.nz

Up Close and Personal with Alice Leonard...

Are you a vegan?
Absolutely! Four years ago, I went from omnivore to vegan over a period of about six weeks, and have never looked back. The key was meeting my husband Billy, who’s been vegan for over 30 years now. I’d never known a vegan before, and the more I saw the way he lived his life, the clearer it became that it was the right thing for me too.

How did you learn to bake vegan?
Trial and error and the internet! Replacing dairy products is easy (plant milks such as soy or rice instead of cows milk, margarine or oil instead of butter) but eggs can be problematic because eggs perform so many functions in baking. There’s a really good guide to replacing eggs at www.theppk.com.

Who inspired you to bake?
My sons, Nico and Mack. When our household became vegan, I naturally wanted them to still have treats. In fact, it worked out really well for them, because not only were they eating a better and more compassionate diet, they were getting homebaked goods much more regularly!

When did you open your bakery?
We launched Angel Food on World Vegetarian Day (October 1) 2006. I was inspired by seeing what the Sticky Fingers bakery in Washington DC were achieving, showing that vegan baking could be as decadent as those using animal ingredients.

Is it fully vegan?
Absolutely! We use no animal products whatsoever in our kitchen. The only exception we make is when we’re doing catering, we will if requested provide cows’ milk for tea and coffee. I hate doing it, because I know what’s involved in the production of that milk, but I know that people have very strong ideas about what their tea and coffee should taste like. And if we can make that compromise and get people to eat - and enjoy - vegan food, then I feel okay about it. But when we open a cafe we won’t be providing cows’ milk.



How long did it take you to formulate the vegan marshmallow?
A ridiculously long time! Two and a half years, actually. And I’m not a patient woman, so this was torture for me! Fortunately, I’m very stubborn and very very optimistic, so I didn’t give up. It’s not just a matter of replacing the gelatine (an animal product)
with agar (a plant product) - if you do that, you just get a pot full of very thick caramel-coloured syrup, not a heap of lovely white fluff. I tried everything I could think of, including marshmallow root, all to no avail.
Eventually I hired the services of a food technologist and she cracked the code for me - although it took her a long time too, so I didn’t feel bad about not figuring it out for myself!

How about your ready made marshmallow, do you ship them too?
We sell the ready-made marshies to organic stores around New Zealand but they have too short a shelf-life to be shipped elsewhere. That’s how I got the idea of making the kits, because they’re so easy to ship.

Two lucky winners will get one vegan marshmallow kit each, courtesy of Alice, from Angel Food. To enter, email us at chef@dessertsmag.com, just write “Marshmallows” on the subject line . We will contact the winners on October 1 for their address and Alice will ship from New Zealand to the two lucky winners.

Double Decker Marshmallows

Follow the direction to make the vegan marshmallow from the package. Then spread half of the marshamllow mixture into baking pan and to the rest of the mixture - still in the mixing bowl. Add 1/4 teaspoon beetroot extract for a lovely pink color, and 1/4 teaspoon powdered natural berry flavor. The amount required would vary according to which brand of flavour and colour you're using. (Start with 1/4 teaspoon of each and adding more if necessary.) Mix until well combined and spread the berry marshmallow mixture on top of the plain marshmallow.

They're best eaten on the same day, but can also be stored in the fridge for a week or two.

Note: Adding oil-based flavours, or even something fatty like cocoa, will cause the mix to lose some of its airiness but it'll still be delicious! The flavored varieties tend to stay more sticky than the plain.

Recipe and Photo by Alice Leornard, owner of Angel Food

